Lab 9:

Physical Activity

**Part 1: Barriers to Being Active Quiz**

Listed below are reasons that people give to describe why they do not get as much physical activity as they think they should. Please read each statement and indicate how likely you are to say each of the following statements:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **How likely are you to say?** | **Very Likely** | **Somewhat Likely** | **Somewhat Unlikely** | **Very Unlikely** |
| 1. My day is so busy now, I just don’t think I can make the time to include physical activity in my regular schedule. | 3 | 2 | 1 | 0 |
| 1. None of my family members or friends like to do anything active, so I don’t have a chance to exercise. | 3 | 2 | 1 | 0 |
| 1. I’m just too tired after work to get any exercise. | 3 | 2 | 1 | 0 |
| 1. I’ve been thinking about getting more exercise, but I just can’t seem to get started. | 3 | 2 | 1 | 0 |
| 1. I’m getting older, so exercise can be risky. | 3 | 2 | 1 | 0 |
| 1. I don’t get enough exercise because I have never learned the skills for any sport. | 3 | 2 | 1 | 0 |
| 1. I don’t have access to jogging trails, swimming pools, bike paths, etc. | 3 | 2 | 1 | 0 |
| 1. Physical activity takes too much time away from other commitments—like work, family, etc. | 3 | 2 | 1 | 0 |
| 1. I’m embarrassed about how I will look when I exercise with others. | 3 | 2 | 1 | 0 |
| 1. I don’t get enough sleep as it is. I just couldn’t get up early or stay up late to get some exercise. | 3 | 2 | 1 | 0 |
| 1. It’s easier for me to find excuses not to exercise than to go out and do something. | 3 | 2 | 1 | 0 |
| 1. I know of too many people who have hurt themselves by overdoing it with exercise. | 3 | 2 | 1 | 0 |
| 1. I really can’t see learning a new sport at my age. | 3 | 2 | 1 | 0 |
| 1. It’s just too expensive. You have to take a class or join a club or buy the right equipment. | 3 | 2 | 1 | 0 |
| 1. My free times during the day are too short to include exercise. | 3 | 2 | 1 | 0 |
| 1. My usual social activities with family or friends do not include physical activity. | 3 | 2 | 1 | 0 |
| 1. I’m too tired during the week, and I need the weekend to catch up on my rest. | 3 | 2 | 1 | 0 |
| 1. I want to get more exercise, but I just can’t seem to make myself stick to anything. | 3 | 2 | 1 | 0 |
| 1. I’m afraid I might injure myself or have a heart attack. | 3 | 2 | 1 | 0 |
| 1. I’m not good enough at any physical activity to make it fun. | 3 | 2 | 1 | 0 |
| 1. If we had exercise facilities and showers at work, then I would be more likely to exercise. | 3 | 2 | 1 | 0 |

* Write down the numbers you selected above in the spaces provided, putting the number you chose for statement 1 on line 1, statement 2 on line 2, and so on. (For example, if you chose “very likely” (3) for question 1, you would write down 3, above the space for question 1)
* Add the three scores on each line. Your barriers to physical activity fall into one or more of seven categories: lack of time, social influence, lack of energy, lack of willpower, fear of injury, lack of skill, and lack of resources.
* **A score of 5 or above in any category** **shows that this is an important barrier for you to overcome**. For your key barriers, try the strategies listed on the following pages and/or develop additional strategies that work for you.

\_2\_\_\_ + \_1\_\_\_ + \_\_\_1\_ = \_\_\_\_\_\_\_4\_\_\_\_\_\_\_\_\_  
 1 8 15 Lack of time

\_\_0\_\_ + \_\_\_0\_ + \_\_2\_\_ = \_\_\_\_\_\_\_2\_\_\_\_\_\_\_\_\_  
 2 9 16 Social influence

\_\_2\_\_ + \_\_0\_\_ + \_\_3\_\_ = \_\_\_\_\_\_\_\_5\_\_\_\_\_\_\_\_  
 3 10 17 Lack of energy

\_0\_\_\_ + \_\_0\_\_ + \_\_0\_\_ = \_\_\_\_\_\_\_\_\_0\_\_\_\_\_\_\_  
 4 11 18 Lack of willpower

\_\_0\_\_ + \_\_0\_\_ + \_\_0\_\_ = \_\_\_\_\_\_\_\_0\_\_\_\_\_\_\_\_  
 5 12 19 Fear of injury

\_\_0\_\_ + \_\_0\_\_ + \_\_0\_\_ = \_\_\_\_\_\_\_\_\_0\_\_\_\_\_\_\_  
 6 13 20 Lack of skill

\_\_0\_\_ + \_\_0\_\_ + \_\_1\_\_ = \_\_\_\_\_\_\_\_1\_\_\_\_\_\_\_\_  
 7 14 21 Lack of resources

**Part 2: Suggestions for Overcoming Physical Activity Barriers**

Read the suggestions for the barriers that apply to you, then complete the questions in Part 3.

**Lack of time**

* Identify available time slots. Monitor your daily activities for 1 week. Identify at least three 30- minute time slots you could use for physical activity.
* Add physical activity to your daily routine. For example, walk or ride your bike to work or shop- ping, organize social activities around physical activity, walk the dog, exercise while you watch TV, park farther from your destination, and so on.
* Make time for physical activity. For example, walk, jog, or swim during your lunch hour, or take fitness breaks instead of coffee breaks.

**Social influence**

* Explain your interest in physical activity to friends and family. Ask them to support your efforts.
* Invite friends and family members to exercise with you. Plan social activities involving exercise.
* Develop new friendships with physically active people. Join a group or a club.

**Lack of energy**

* Schedule physical activity for times in the day or week when you feel energetic.
* Convince yourself that if you give it a chance, exercise will increase your energy level; then, try it, even just for a few minutes to start.

**Lack of willpower**

* Plan ahead. Make physical activity a regular part of your daily or weekly schedule and write it on your calendar.
* Invite a friend to exercise with you on a regular basis and write it on both your calendars.
* Join an exercise group or class.

**Fear of injury**

* Learn how to warm up and cool down to prevent injury.
* Learn how to exercise appropriately considering your age, fitness level, skill level, and health status.
* Choose activities involving minimal risk.

**Lack of skill**

* Select activities requiring no new skills, such as walking, climbing stairs, or jogging.
* Exercise with friends who are at the same skill level as you are.
* Find a friend who is willing to teach you some new skills.
* Take a class to develop new skills.

**Lack of resources**

* Select activities that require minimal facilities or equipment, such as walking, jogging, jumping rope.
* Identify inexpensive, convenient resources available in your community (community education programs, park and recreation programs, worksite programs, etc.).

**Part 3: Increasing Daily Physical Activity**

Despite the substantial physical and mental benefits of exercise, only 17% of adults in Canada meet the recommended minimum of 150 minutes of “moderate-to-vigorous physical activity” per week.  
  
**Please share your own thoughts and experiences on the following questions using full sentences:**

1. How does your nutrition affect how physically active you are? (Specific to you and not people in general)



For me, if I do not eat enough food or have the necessary nutrients, I find that I am less willing to run or complete a workout. My energy levels are simply just too low without sufficient nutrients. I tend to, mistakenly, use caffeine as a replacement for protein, carbohydrates, amino acids, and arguably, the most important, a large number of necessary calories.

1. What makes or would make being physically active or exercising fun for you and why?

Exercise is fun as I am very much motivated by progress. I like to feel stronger and look more aesthetic. There absolutely is an ego component to why exercising is fun for me as well. I like the idea of being more athletic than the average person.   
There are also the endorphins that are released during runs or an intense workout. These endorphins can make me feel like there is nothing in the world to worry about.



1. List any opportunities where you can walk, jog, bike, longboard, run, etc. instead of driving or taking public transportation.



Most places I frequent requires me to drive. However, when I am in downtown Toronto, driving is definitely not the greatest experience. Even 40 minute walks will be preferred over a 15 minute drive. The traffic is a large deterrent, but my girlfriend and I often like to walk to our destinations in Toronto as well.

I don’t have any other opportunities as I am at home or work in most cases and where I live is, at minimum, 7 kilometers away from any point of interest.

1. What are some **mental barriers** (certain types of views, attitudes, options, emotions) that you think could prevent you from being more physically active? Give an example of a time when a mental barrier prevented you from being active.



I do not have many mental barriers preventing me from being more physically active as I have always been an active person. However, I frequently lack motivation after a long day and decide not to work out as I’m too tired.

In the past, I had many more mental barriers though. I would procrastinate when I really just wanted to play video games instead of work out. I would also tell myself that I didn’t have the time to work out since I had an assignment to finish or a work task to do after hours. Truly, I let stress overpower my better judgment as going for a walk, running, or another type of work out would have likely helped me clear my mind and complete the task more effectively.